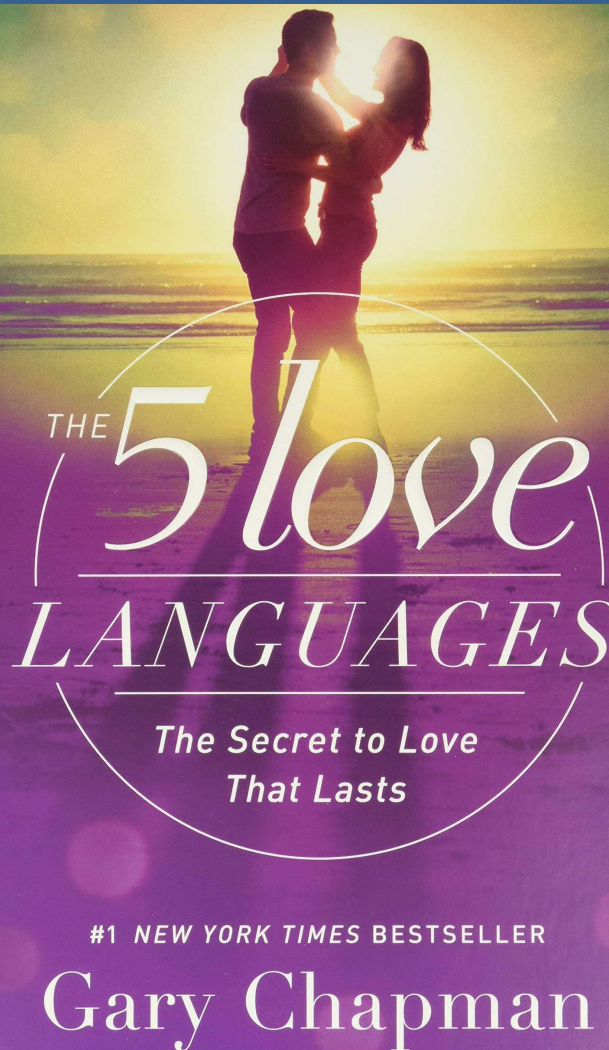


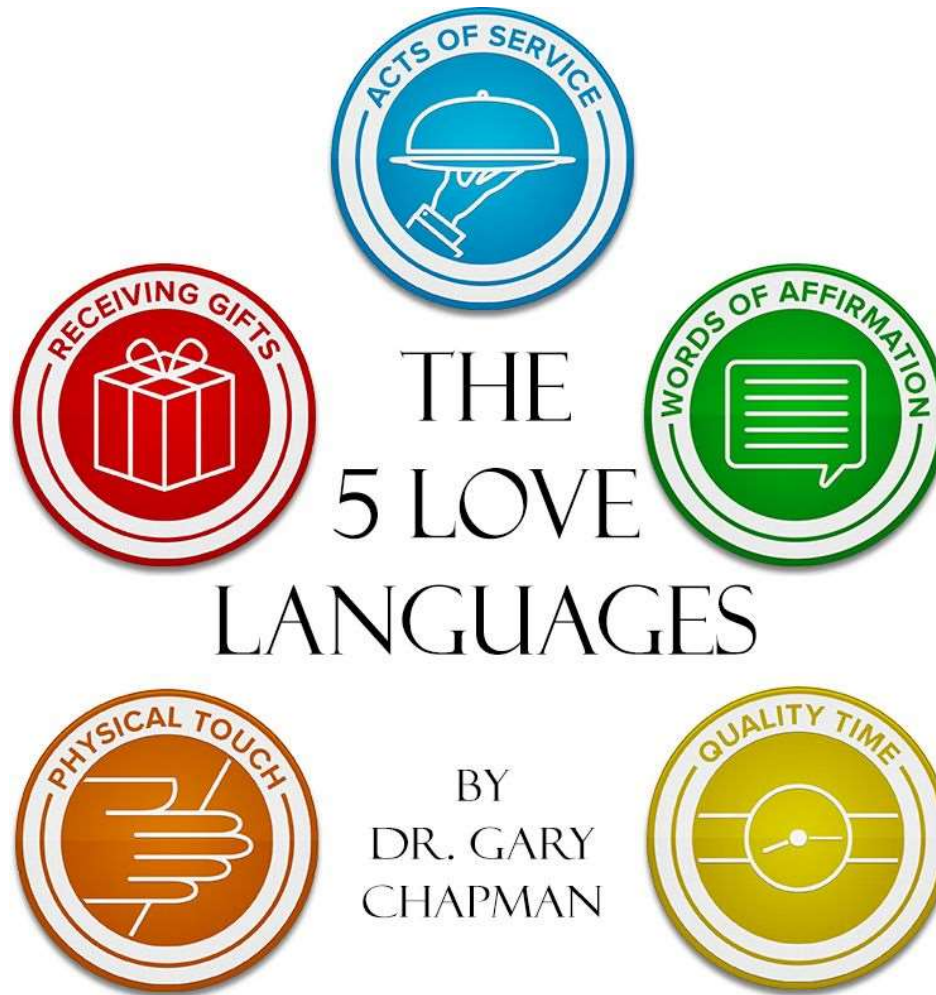
THE FIVE LOVE LANGUAGES AND RELATIONSHIP SATISFACTION

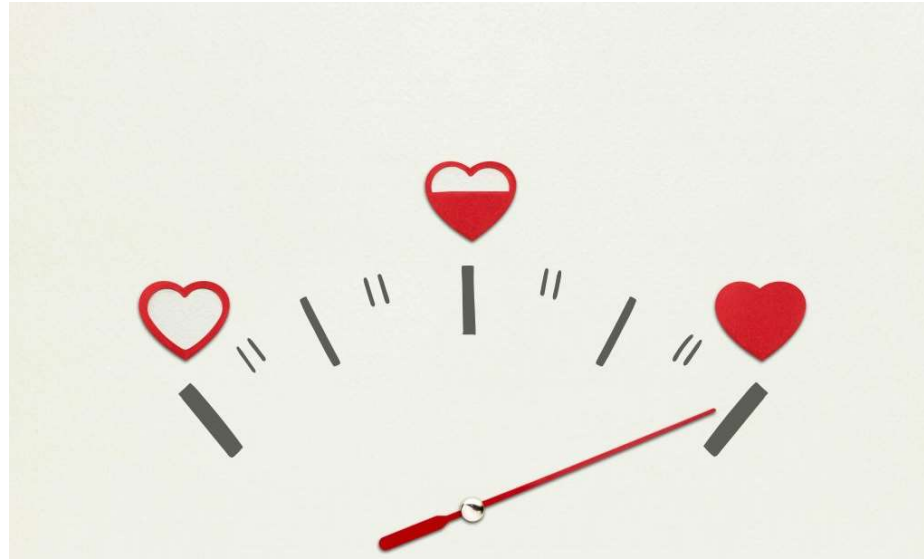
Indiana University Southeast
McKenzie Farnsley



Description of Love Languages

- Dr. Gary Chapman – very well-known author and marriage counselor
- Noticed that couples complained about similar issues
- Explained that each person “speaks” and “receives” love in different ways





CHAPMAN'S "LOVE TANK"

- Each person has a primary LL

Importance of Study



- In the United States, around 50% of all first marriages and 60% of second marriages end in divorce (Amato, 2010).
- Relationships are hard
- Limited Research on The Five Love Languages – 2 studies
- Resources to express wants/needs to partner
- Better communication of needs to partner

Important Literature

- Gender - Love Language preference (Bland & McQueen, 2018)
 - Women – Words of Affirmation
 - Men – Acts of Service
- Are certain Love Languages more important than others?
- Relational Maintenance Behavior (Stafford, Dainton, & Haas, 2000)
- Validity – Factor Analysis (Egbert & Polk, 2006)
 - Studied behaviors that are performed in order to provide relational satisfaction
 - Used the Love Languages as a variable

Current Study Description

- 94 participants recruited through social media (e.g., Facebook, Instagram)
 - Voluntary
- Demographics – age, sex
 - Female: 82
 - Male: 12
 - Age: 18-71, majority between 20-30
- Committed Romantic Relationship
- 8 questions regarding current or most previous relationship

Hypotheses

FAILURE to provide your partner with their MOST desired Love Language will result in DECREASED overall happiness.

The LEAST desired Love Language will NOT contribute to overall relationship satisfaction.

Procedure

Please read through the description below of Dr. Gary Chapman's 5 Love Languages.

- Words of Affirmation - compliments, encouragement, appreciation, unexpected notes/letters/texts, hearing "I am proud of you", "I love you", "I appreciate you".

- Quality Time - focus/undivided attention, spending one-on-one time together, uninterrupted leisure time, no electronics, date night, active listening, just "hanging out" with partner.

- Physical Touch - hugs, hand holding, kisses, massages, cuddling, intimacy/sex, use of body language to express love.

- Acts of Service - doing things to help relieve stress from partner, helping with errands/chores, acts of helpfulness, doing unexpected things to help partner, helping with tasks that are not particularly enjoyable

- Receiving Gifts - tokens of appreciation, remembering special occasions, tangible symbols that reflect thoughtfulness and effort, flowers, buying dinner/lunch, birthdays/anniversaries are especially important

Below: Rank each of the Five Love Languages on how much you desire/want those qualities whenever you are in a relationship (1 = MOST desired, 5 = LEAST desired). Each number can only be used once.

- Words of Affirmation
- Quality Time
- Physical Touch
- Acts of Service
- Receiving Gifts

Participants ranked
The Five Love
Languages in the
order preferred (1 =
most desired, 5 =
least desired)

Procedure

Rated their satisfaction of how their partner FULFILLS their desire of that Love Language (1 = never, 5 = always)

Regarding the ranking that you just completed about your desire for each Love Language, please rate how much your current/previous partner fulfilled your desire for each of the ranked Love Languages.

Love Languages include Words of Affirmation, Quality Time, Physical Touch, Acts of Service & Receiving Gifts.

Example: If Words of Affirmation was your MOST desired Love Language on the ranking scale, it would be your #1 MOST desired Love Language for this question.

	Never	Sometimes	About half the time	Most of the time	Always
#1 MOST desired Love Language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#2 desired Love Language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#3 desired Love Language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#4 desired Love Language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
#5 LEAST desired Love Language	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Procedure

Rate OVERALL
Relationship
Satisfaction (1 =
very dissatisfied,
5 = very satisfied)

Regarding this current/most previous relationship, how would you rate your overall satisfaction in the relationship?

- ☐ Very satisfied
- ☐ Satisfied
- ☐ Neither satisfied nor dissatisfied
- ☐ Dissatisfied
- ☐ Very dissatisfied

Statistics: Fulfillment of Love Languages and Overall Relationship Satisfaction

Table 1

Descriptive Statistics for Hypothesis 1 and 2

Variables	N	Mean	Standard Deviation	Range
Love Language #1 (MOST desired)	94	3.50	1.124	1-5
Love Language #2	94	3.48	1.180	1-5
Love Language #3	94	3.24	1.123	1-5
Love Language #4	94	3.09	1.142	1-5
Love Language #5 (LEAST desired)	94	2.53	1.094	1-5
Relationship Satisfaction	92	3.93	1.087	1-5

Meaning of Results

Importance
level of
each LL

Mean/
Average

- #1 (primary) Love Language had the highest mean (3.50)
- #5 (LEAST) Love Language had the lowest mean (2.53)
 - Support both hypotheses
- Relationship Satisfaction mean was high (3.93)

Correlation



Mutual relationship/connection between 2 variables



Does not prove causation

Correlation of LL Fulfillment & RS

LL FULFILLMENT	CC (R-VALUE)	P-VALUE (SIG)
#1	.352	.001
#2	.374	.000
#3	.415	.000
#4	.250	.016
#5	.105	.321

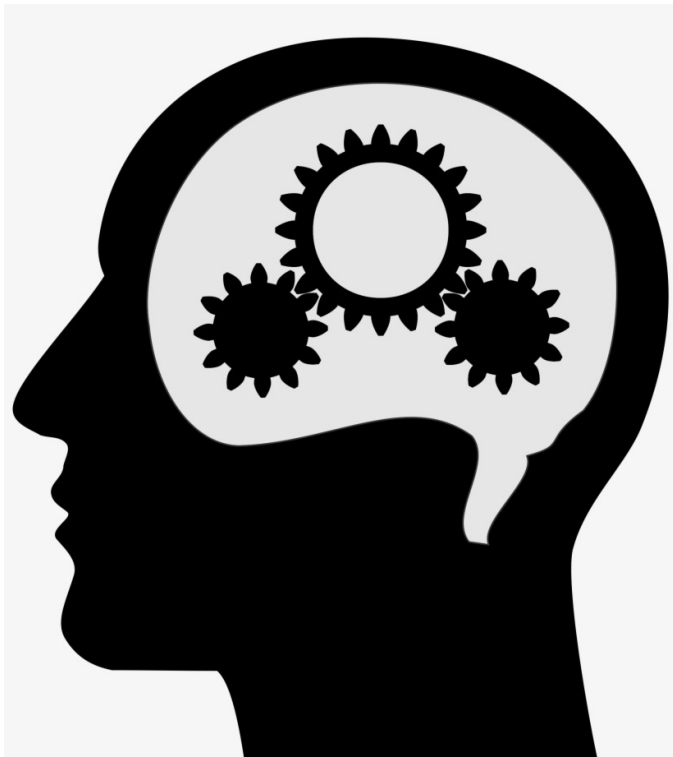
- Results support both hypotheses
- P-value is significant if $p < .05$

Correlation Meaning of Results

The first four desired Love Languages are all significantly correlated, which supports the 1st hypothesis.

The least desired Love Language was not significantly correlated, which supports the 2nd hypothesis.

Importance of Study Results



- Limited Research on LL
- Gender
 - Did not study gender
 - More women answered survey (Social Media)
 - Quality Time was MOST chosen primary LL - 41%
 - Receiving Gifts was LEAST chosen primary LL - 7%
- Validity
 - Both hypotheses were supported by results unlike validity factor analysis study in literature review
- Important Implications/ Applications
 - Help solve relationship/marriage problems
 - Results show more people desire QT
 - Results show RG is not very important

Future Research

- What could future research do to expand or add to your study?
 - Gender differences
 - Age differences
 - Childhood LL fulfilled to relational LL fulfillment
 - Most desired, least desired LLs – QT & RG

QUESTIONS?

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THANK YOU!
